



Lamotrigine (Lamictal)

The medication Lamotrigine (**Lamictal**) is a mood stabilizer. It is used to treat mood swings-high and lows- which are substantial enough to result in life interference. There may be other reasons someone takes Lamictal (such as for seizures). It is often used to treat various forms of manic-depressive disorder (bipolar affective disorder), especially the depressed phase of bipolar.

Lamictal is FDA approved for Bipolar Disorder, maintenance phase and for seizures.

Although Lamictal can be very helpful, it can cause some side effects that you should know of before accepting treatment with it. These include: **fatigue, dizziness, headache, rash.**

These side effects most often occur with initial treatment with Lamictal and can be managed. Yet sometimes they continue and require talking with your provider, who may stop the medication.

A rare but significant side effect is rash. There are many types of rashes. If you get a rash with Lamictal notify your provider. Most rashes are benign, but one, rather rare, is associated with Lamictal and can be lethal

The beneficial effect of Lamictal can sometimes take 10-14 days to be noticed, and sometimes longer. Generally if no effect is felt after 6 weeks, then you should consult with your provider. The usual dosage range is 100- 200 mg /day, but it takes a long time to titrate the dosage due to the caution about rashes, so it may take as long as a month to achieve a dosage of 100 mg/ day.

Lamictal can sometimes affect the levels of other medications prescribed by doctors. Let your doctor know if you are taking any other medications. There are no dietary restrictions when taking Lamictal.

Of course there are supplemental ways to improve mood which include:

- exercise
- good sleep habits
- good eating habits
- yoga
- a hobby
- visiting with family or friends

If you have further questions about this medication, please ask your medical provider or your pharmacist.

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